

Sample PaddleFoot Menu

Day 1	Day 2	Day 3	Day 4
Scrambled Eggs with Bacon Toast/Bagels/Cream Cheese Fresh fruit/Yogurt/Granola	Fresh Waffles with Breakfast Sausage Fresh Fruit/Yogurt/Cereal Oatmeal/Raisins	Breakfast Burritos Fresh Fruit Yogurt/Granola	Pancakes with Bacon Fresh Fruit salad Yogurt/Cereal
Danishes	Banana Muffins	Oatmeal and Raisins Muffins	Triple chocolate muffins
Quiche with Spinach Salad Brownies	Hamburgers with Veggies and Dip Rice pudding with syrup	Homemade Pizzas with a Tossed Salad Rice Krispie Squares	Toasted Submarines with a Pasta Salad Fresh Watermelon
Raisin and chocolate bran cookies	Brushetta and baguette	Blueberry caramel cookies	Nachos
Chilli with Assorted Rolls and a Tossed Salad Strawberry and Apple Crisp with Ice Cream	Baked Chicken Legs (BBQ sauce) Corn on the Cob with Rice and Tossed Salad Apple Pie with fresh cream	Turkey Lasagna with a ceasar salad Garlic Bread Chocolate cake	

**Fruits, Coffee and Tea are available at all times.

Day 5	Day 6	Day 7	Day 8
Omelette with Bacon Toast/Bagels/Cream Cheese Fresh fruit with Yogurt	Fresh Fruit/Yogurt/Cereal Oatmeal/Raisins	Eggs Muffin with Bacon and breakfast potatoes Fresh Fruit Yogurt/Granola	Breakfast Brunch: Scrambled eggs, breakfast potatoes, baked beans, oatmeal Yogurt/Cereal Fresh Fruit
Lemon and poppy seed bread	Shortbread cookies		Chocolate croissants
Make your own sandwich bar with potato salad Bread pudding	Oven baked stuffed pitas with tossed salads Homemade Chocolate Chip Cookies	Calzones with tossed salad Strawberry squares	Italian sausages on a bun with pasta salad Cheese cake
Pitas and hummus	White chocolate and cranberries muffins	Baked brie with crackers	Apple muffins
Cannelloni with Caesar salad and garlic bread Coffee and apple cake with ice cream	BBQ Salmon filets with rice and vegetables Poor man's pudding	Ginger and honey chicken breasts with mashed potatoes and vegetables Blueberry cake with cream	

**Fruits, Coffee and Tea are available at all times.